



LIFE with US

FORT BUCHANAN • OCT 2020



Study anywhere you are!



Use your benefits in your University,
UAGM Online Campus
100% Online

Elegible Chapters for the GI Bill

**Chapter 33
(POST 9/11)**

For Individuals who served in active service after September 11th, 2001. These benefits will be determined in accord with service time in the military.

**Chapter 30
(MONTGOMERY
GI BILL)**

A program for active service. This applies to veterans who served actively in military branches for a minimum of 24 months and were granted Honorable Discharge.

**Chapter 35
(DEPENDANT
ASSISTENCE)**

This applies for dependants of veterans who actively served for 24 months and were granted 100% disability or passed away while in active duty.

**Chapter 1606
(MONTGOMERY
GI BILL RESERVA)**

Active reservist with a minimum commitment of 6 years after the 30th of June of 1985.



SCAN ME

Visit us at:

militaresonline.com

Contact us:

(787) 288-1118

Correo Electrónico

vaaffairsonline@uagm.edu

Veterans • Direct Dependants (Spouse & Child)
U.S. Army • U.S. Airforce • Marines • U.S. Coast Guard

Accredited by the Middle States Commission
of Higher Education.

PAID ADVERTISING. U.S. ARMY ENDORSEMENT NOT IMPLIED.



HOURS OF OPERATION OCTOBER 2020

GOLF CLUB

Wed. through Sat.- Pro-Shop 7 a.m. - 4 p.m.
• Golf Course 7 a.m. - dusk (last Tee Time at 5:30 p.m.)
• Snack Bar 6:30 a.m. - 6 p.m. (full menu available;
25% capacity dine-in).

COMMUNITY CLUB/ BORINQUEN BAR & PATIO

Mon. & Tue.- 11 a.m. - 6 p.m. / Wednesday- 11 a.m. - 7 p.m.
Thu. & Fri.- 11 a.m. - 9 p.m.

BOWLING CENTER

Mon. & Tue.- Snack Bar 6:30 a.m. - 9:30 a.m.,
Breakfast only/ Bowling lanes 11 a.m. - 5 p.m.
Wed., Thu. & Fri.- Snack Bar 6:30 a.m. - 5 p.m.
Bowling lanes 11 a.m. - 5 p.m.
Sat.- Snack Bar 11 a.m. - 5 p.m. / Bowling lanes 11 a.m. - 5 p.m.
787-707-2568 / 2564

OUTDOOR RECREATION

Sun., Mon., & Wed.- closed
Tue., Thu. & Fri.- 8 a.m. - 4:30 p.m. / Sat.- 8 a.m. - 1 p.m.
787-707-3734 / 3138

AUTOMOTIVE SKILLS CENTER

Mon. through Fri. 7:30 a.m. - 4:30 p.m.
787-707-3972

LEISURE TRAVEL SERVICES

Mon. to Fri.- 8 a.m. - 4:30 p.m. / Mon. & Fri. telework.
Tue., Wed. & Fri. on site, Bldg. 148
787-707-4344 / 4343

SPORTS & FITNESS CENTER

AD Military, DA civilians & Fort Buchanan residents.
Mon. - Fri.- 5 a.m. - 6 p.m. By reservation only.
One hour only; sauna is closed; no group classes.
787-707-3767

POST LIBRARY

Mon. - Fri.- 9 a.m. - 5 p.m.
787-707-3208

ARMY COMMUNITY SERVICE

Mon. - Fri.- 8 a.m. - 5 p.m.
787-707-3804 / 3948

FAMILY AND MWR CARD

At the Borinqueneer Gate (VCC),
Mon. - Fri. 7:30 a.m. - 3:30 p.m.
787-707-3215

Physical distancing practices and the use of face mask
required at Family and MWR facilities.

• Access allowed only to authorized ID card holders under
current Health Protection Conditions (HPCON) Charlie.



LIFE WITH US CONTENTS



04
Borinquen Bar & Patio
DINNER BOX MENU IN OCTOBER



05
Community Club & Conference Center
OKTOBERFEST CELEBRATION



06
Bowling Center
BREAKFAST, LUNCH, & BOWLING!



08
Automotive Skills Center
NEW- CAR WASH SERVICE



With your ICE feedback
we grow!

Using an ICE comment system is fairly simple. When you come across a service you'd like to make a comment on, simply follow these steps:

1. Visit the ICE main site
2. Locate your installation
3. Pick the category under which the service you're looking for will likely appear
4. Fill out the comment card
5. Send!

Don't just complain – compliment! File (NICE) ICE comments when you see people doing a great job. We see our strengths!

Offer a suggestion. When critiquing or complaining about how something didn't work, offer a suggestion on how it can be improved.

When you leave your name and contact information to get a follow-up, you show how invested you are in the subject you propose.

Help us become better for you!

FAMILY AND MWR LIFE WITH USEDITORIAL TEAM

Family and MWR Director

Ms. Joanne Fitzgerald
Administrative Office

Marketing Manager/Editor

Mr. Carlos R. Sotomayor
Bldg. 151, Patriot Blvd.
Fort Buchanan

Marketing Specialist

Ms. Iralis Jiménez

Graphic Designer

Ms. Neysa Maldonado

Marketing Assistant

Mrs. Gabriela Velázquez

Showcase your brand's commitment to the military community by partnering with Family and MWR.

Contact the Marketing, Advertising & Commercial Sponsorship Office

at 787-707-3711 or email:
iralis.jimenez.naf@mail.mil

www.buchanan.armymwr.com

Facebook: [buchananmwr](https://www.facebook.com/buchananmwr)



4

Your Life with Us



5 Your Life with Us

borinquen

bar & patio

DINNER BOX MENU

October 9th

Mozzarella Stuffed Meatloaf

Flavorful Ground Beef stuffed with Mozzarella Cheese. This is sure to become an instant family favorite. Accompanied with Roasted Mashed Potatoes and Classic Caesar Salad.



October 16th

Puerto Rican Fiesta

Featuring: Pernil Asado, Chicharrones de Pollo, Arroz con Gandules, Mofongo Balls. Accompanied with Chef's Garden Salad.



October 23rd

All American BBQ Box

St. Louis Style BBQ Ribs, 3 Cheese Mac, Corn on the Cob, and Honey Biscuits.



October 30th

German Box

Bratwurst, Knockwurst, Pork Schnitzel, a Warm Potato Salad, and Red Cabbage. Served with side Sauerkraut and Seed Mustard.



Take home for the week-end!

CUT-OFF DATE TO ORDER:

every Thursday by 2 p.m. prior to pick-up date

PICK-UP: Friday from 3 p.m. to 5 p.m. at the

Borinquen Bar & Patio

To order please call

787-707-3535/3516/3515

\$45 SERVES 4 - 5 PEOPLE



Bring your own chair event!

Fort Buchanan OKTOBER FEST

Oct 30

Community Club

5 PM
9 PM



Live Cover Bands
"Super Stereo" & "The Throwbacks"
DJ Video Party
German Food & Drinks

Tickets are required for Installation Access

Pre-purchase and Registration Only

Prices are per spot with a maximum of 4 people per spot

General Spot \$25 Until October 29, \$30 After

Preference Spot \$30 Until October 29, \$35 After

Tier Spot \$35 Until October 29, \$40 After

Installation access policy applies - Access Starts at 4 p.m.

(Includes VHIC and MWR Cardholders)

FOR TICKETS 787-246-6264 • <https://bit.ly/FB-Oktb>

*All vehicles are subject to inspection. Outside food or beverage are not permitted. The U.S. Army does not officially endorse sponsors. Choose a designated driver. Do not drink and drive.





BOWLING CENTER

OPEN MONDAY AND TUESDAY
Snack Bar 6:30 a.m. - 9:30 a.m.,
Breakfast only.

WEDNESDAY, THURSDAY & FRIDAY
Lunch specials available!
Snack Bar 6:30 a.m. - 5 p.m.
Bowling lanes 11 a.m. - 5 p.m.

SATURDAY
Snack Bar and Bowling lanes
11 a.m. - 5 p.m.

787-707-2568 / 2564



CAR WASH

Starting October 13
Tuesday through Saturday
7 a.m. - 5 p.m.
in front of Bldg. 660

For more information please call
787-707-3972

Breakfast

DELIVERED TO YOUR DOOR

MENU

- Western Breakfast Burrito** \$5
Two (2) scrambled eggs, cheese, tomatoes, green peppers, onions, and your choice of meat
- Keto Omelet** \$5.50
With peppers, onions, tomatoes & Provolone cheese (choice of breakfast meat)
- Deluxe Breakfast Burrito** \$5.50
Two (2) scrambled eggs, cheese, hash brown, tomatoes, green peppers, onions, and your choice of meat
- Two (2) Eggs Breakfast** \$5.50
Two (2) scrambled eggs, choice of breakfast meat, and toast
- Western Omelet with Toast** \$6
Peppers, onions, tomatoes, American cheese, and your choice of breakfast meat
- Hash Brown** \$1
- Make it a Combo** \$2.50
Hash brown and a canned soda or juice
- Drinks** \$2
Bottled Water • Coffee 12oz.
• Orange or Apple Juice
- Basic Breakfast Burrito** \$4
Two (2) scrambled eggs, cheese, and your choice of bacon, ham, or sausage
- Potato Breakfast Burrito** \$4.50
Two (2) scrambled eggs, cheese, hash brown, and your choice of meat
- Breakfast Sandwich** \$4.50
One (1) egg, cheese, and bacon or sausage
- Omelet with Cheese** \$5
Choice of breakfast meat

DAILY SPECIALS

- MONDAY: Oatmeal Breakfast:** \$5.50
Two (2) scrambled eggs, bacon and a bowl of oatmeal)
- TUESDAY: Pancake Breakfast** \$6.50
Two (2) fluffy pancakes with two 2 scrambled eggs and bacon
- WEDNESDAY: Cream of Wheat Breakfast** \$5.50
Two (2) scrambled eggs, bacon and a bowl of cream of wheat
- THURSDAY: French Toast Breakfast** \$6.50
Two (2) slices of French toast, two (2) scrambled eggs and bacon
- FRIDAY: Chef Special**
call or text for details.

Monday - Friday 6:30 a.m. - 9:30 a.m. *Delivery Charge \$1 per order
CALL OR TEXT YOUR ORDER 787-679-5814 On post deliveries only.

DOMESTIC VIOLENCE IN THE WORKPLACE

END IT NOW.

RECOGNIZE. REPORT. PREVENT.

Although Domestic/Intimate Violence occurs outside the workplace, it can affect the productivity, morale, and safety of employees, as well as the victim.

Join the ACS Family Advocacy Program to discuss what you can do to keep your workplace safe for you and your co-workers; how to support your co-worker, and what services and resources are available for victims of domestic/intimate partner violence.

Join us on Wednesday, October 14 at 10am to 11:30am. Training will be held on MS Teams and Teleconference.

Register now for this workshop, at ACS/FAP at 787-707-3709. Deadline is Tuesday, 13 October.

ACS Family Advocacy Program
787-707-3709
24/7 Domestic Violence Hotline:
787-221-7982



Military Spouse Employment Partnership
Virtual Hiring Fair for Military Spouses

Working Through Change: Agility in a Changing Workspace

Military Spouses - Register today to connect with MSEP hiring managers

Join from anywhere in the world for free
Wednesday, Oct. 14, 2020
11 a.m. to 3 p.m. EDT

Registration is open: militaryspouses.com

- Live chat with hiring managers committed to hiring military spouses.
- Identify remote and in-person opportunities available now.
- Apply for featured jobs with MSEP partners.

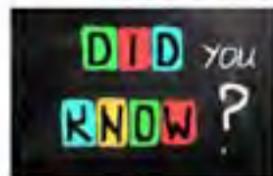
Be a strong candidate
Connect with a SECO career coach now to prepare for the MSEP Virtual Hiring Fair. Participate in a video mock interview or take advantage of SECO's on-board resource team. Call 800-342-9647 to learn more.

Search job openings
Stay on top of MSEP companies that are attending by visiting the registration page: militaryspouses.com

<https://www.militaryspouses.com/usa/>
800-342-9647

Logos: Department of Defense, Military Spouse Employment Partnership, SECO, ONE SOURCE.

"Recognizing and Reporting Child Abuse/Neglect"



YOU are a mandated reporter of suspected CHILD ABUSE/NEGLECT.

Army Regulation (AR) 608-18 requires ALL service members and their dependents, as well as ALL Department of Defense employees (GS and contractors) to report suspected child abuse/neglect. What are the reporting procedures? Register for "Recognizing and Reporting Child Abuse/Neglect" to learn what you can do to protect our children.

TRAINING WILL BE HELD EVERY 3RD MONDAY OF THE MONTH (EXCEPT ON FEDERAL HOLIDAYS).

TIME: 10:00 A.M. - 11:30 A.M.

NEXT TRAINING: 19 October 2020

For more information or to register contact the ACS Family Advocacy Program at 787-707-3709 or email ruth.gonzalez.civ@mail.mil

Trainings will be via MS TEAMS and teleconference for those without virtual platform access until classroom trainings are reinstated. Trainings can also be scheduled to meet your organization's availability.



FALL MARRIAGE CLEANUP

Relationships need a little decluttering from time to time in order to rediscover what brought you together in the first place.

These scheduled events can help you turn over a new leaf!

- Tidy up communication strategies.
- Uncover your personality strengths and air out those differences.
- Clear out the invalidation.
- Reinvigorate your friendships.
- Straighten up your relationship maps.
- Remain decluttered with an ongoing book club, featuring *The 7 Principles for Making Marriage Work*.

All will be held virtually on Teams. REGISTRATION IS REQUIRED.



8 OCT, 0800-0900 CST
Communication
register via: ruth.gonzalez.civ@mail.mil

13 OCT, 1200-1230 CST
Marriage Personalities
register via: abla.n.pierce.civ@mail.mil

20 OCT, 1500-1530 CST
Relationship Tools
register via: abla.n.pierce.civ@mail.mil

27 OCT, 1800-1830 CST
Book Club
register via: abla.n.pierce.civ@mail.mil

Brought to you by
The Military & Family Assistance Team
and Ft. Buchanan ACS FAP

UNITED TO END DOMESTIC VIOLENCE

Logos: Department of Defense, Army, Navy, Air Force, ACS Family Advocacy Program, United to End Domestic Violence.



Victim Advocacy Services

are available to Soldiers and their Family members who are experiencing domestic or intimate partner abuse. Victim Advocate services are available **24/7** to provide crisis intervention, safety planning, non-judgmental support, assistance in securing medical treatment for injuries, information on legal rights and proceedings, and referrals to military and civilian resources and services. Victim Advocates empower clients to make informed and independent decisions to support their recovery process.

For more information on Restricted and Unrestricted Reporting Options and available services, or to report an incident, contact the Fort Buchanan

RAHC/FAP/Social Worker Services On Call Line:

(787) 420-9316

24/7 Domestic Violence Hotline:

(787) 221-7980



ARMY COMMUNITY SERVICE

FINANCIAL READINESS TRAINING / FRP

PERSONAL FINANCE READINESS
OCTOBER & NOVEMBER TRAININGS

Tuesday, 13 Oct 20 (9am - 10am)
Credit Cards and Consumer Loans

Monday, 02 Nov 20 (9am - 10am)
Investment Fundamentals

Monday, 19 Oct 20 (9am - 10am)
Planning for Health Care Expenses

Monday, 09 Nov 20 (9am - 10am)
Investment in Stock and Bonds

Register now!
Edwidg.Pedre2.civ@mail.mil
787 707-3310
Trainings will be through MS TEAMS
and Teleconference



WE'VE TAKEN THE
INDOOR CYCLING BIKES OUTSIDE!

OUTDOOR CYCLING CLASSES WITH A TWIST

• **Thursday, October 15 at 6 a.m.**
by instructor CSM Banks

"OVER/UNDER" INTERVAL CYCLING

• **Tuesdays, October 20 & 27 at 4:30 p.m.**
by instructors Julio Capacetti, Terri Malavé & María Nuñez

Class fee \$3.00 (take advantage of the
*FREE DEMO classes on October 15th & 20th).

Cabaña Picnic Area, Bldg. 179
Spaces are limited, please RSVP by calling
the Sports & Fitness Center at 787-707-3767

A SAFE GROUP EXERCISE CLASS
FOLLOWING THE GARRISON'S
GUIDANCE ON SOCIAL DISTANCING,
FACIAL COVERINGS AND SANITATION
DURING THE COVID19 PANDEMIC.



November
4-18

NAF BID SALE

Bldg. 608

Hours of Operation:

Sunday & Monday - Closed

Wednesday 4th
Military Personnel Only

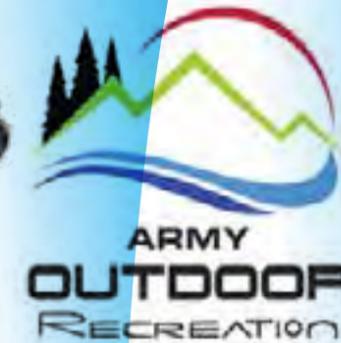
Tuesday, Wednesday

Thursday & Friday

8 a.m. to 5 p.m.

Saturday 8 a.m. to 12:30 p.m.

787-707-3734 / 3138



EQUIPMENT RENTAL

Power Equipment:

	DAILY	WEEKEND
• Floor Buffer Machine	\$19	\$29
• Rotary Hammer	\$25	\$39
• Gas Trimmer	\$10	\$19
• Water Pressure Washer	\$39	\$69

Birthday Party Equipment:

	DAILY	WEEKEND
• Popcorn Machine	\$19	\$29
• Cotton Candy Machine	\$19	\$29
• Snow Cone Machine	\$19	\$29
• Nacho Machine	\$19	\$29
• Assorted Inflatables	starting in \$59	

Open Tue., Thu. & Fri.- 8 a.m. - 4:30 p.m. • Sat.- 8 a.m. - 1 p.m.
Closed Sun., Mon., & Wed.

787-707-3734 / 3138

ODR Upcoming Activities

East Coast Snorkeling Adventure

Activity type: Snorkeling / Beach day
Place: Fajardo / Icosos Island
Date: Sunday, October 25, 2020
Difficulty Level: Easy
Depart: 6:30 a.m. **Return:** 4:00 p.m.

Includes: Transportation, snorkeling gear, visit to Icosos island, soft drinks, light lunch, and snacks.

Note: Transportation for the first seven participants or you can follow us in your POV. Limited spaces are part of new social distancing protocols. All customers using DFMWR transportation need to wear mask at all moments.

Cost: \$89 pp / \$84 Drive in your own vehicle

La Parguera Kayaking Adventure

Activity type: Kayaking
Place: Lajas, PR
Date: Saturday, November 21, 2020
Difficulty Level: Medium / Hard
Depart: 4:30 a.m. **Return:** 4:30 p.m.

Includes: Transportation, full kayaking equipment, soft drinks, and fruit salad.

Requirements: All participants must be in good physical condition.
Note: Transportation for the first seven participants or you can follow us in your POV. Limited spaces are part of new social distancing protocols. All customers using DFMWR transportation need to wear mask at all moments.

Cost: \$79 pp / \$74 Drive in your own vehicle

Sightseeing Tour to Toro Negro

Activity type: Sightseeing / Cultural
Place: Ciales, PR
Date: Saturday, December 12, 2020
Difficulty Level: Easy
Depart: 7:00 a.m. **Return:** 5:00 p.m.

Includes: Transportation to the mountains of Toro Negro, located in the town of Ciales. Includes stop at local BBQ restaurant (Specializes in traditional Roasted Pork).

Note: Transportation for the first seven participants or you can follow us in your POV. Limited spaces are part of new social distancing protocols. All customers using DFMWR transportation need to wear mask at all moments.

Cost: \$49 pp / \$44 Drive in your own vehicle

